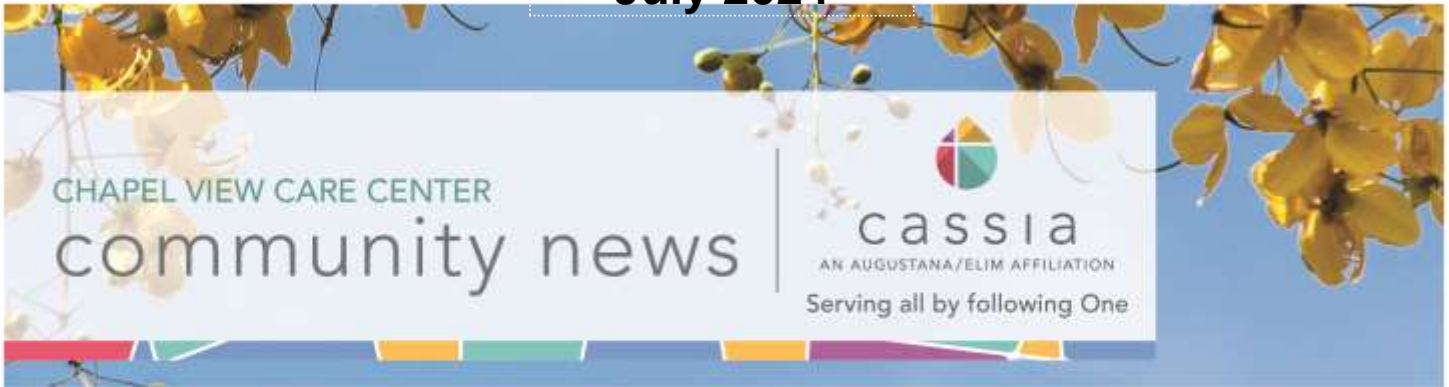


July 2024



## In the Chapel

### Spiritual Care Activities

#### Sundays:

11 AM Catholic service, Channel 68  
2 PM Protestant Worship in the Chapel and on Channel 68

#### Tuesdays:

10 AM Hymn Sing or Praying in Color  
11:00 AM Men's Group in the Chapel

#### Wednesdays:

10 AM Worship in the Chapel and on Channel 68  
1 PM Rosary service on Channel 68, pre-recorded from somewhere in the world. Rosary is led on Channel 68 by a local church and sometimes it is a Rosary service from Leeds Cathedral in England or the shrine at Lourdes in France!

At the Wednesday worship service, there will be a **Healing Service** once a month that includes individual prayer and anointing with oil, along with Holy Communion. All are welcome to attend whether you are in need of healing or want to pray for someone in need of healing.

Also, a **Service of Morning Prayer** will happen at least once a month, on Wednesdays at 10 AM in the Chapel. The service will include prayer, scripture and hymns. It will be led by one of the chaplains. Please join us for this great way to start your day!

After Hymn Sing on Tuesdays, all men are invited to a **Men's Group** at 11:00a in the Chapel with Chaplain Erik or Jacob. Come for a lively discussion about a variety of topics and good fellowship.

Chapel View has two part time Chaplains.

Chaplain Erik is available to support residents and their families, along with all of our team members every Tuesday, Wednesday, and every other Sunday.

Chaplain Diane is in house to do the same every Monday, Thursday, Friday and every other Sunday.

Please feel free to call the Chaplain Office at 952-697-3835 and leave a message.

IN LOVING  
*memory*

**Audrey Lazarus**  
**02/04/1942-06/20/2024**

615 Minnetonka  
Mills Road  
Hopkins, MN 55343  
952-938-2761  
a ministry of Cassia  
CassiaLife.org

## From the Administrator

Hello!

My name is Sam Pahl and I just recently took over for Paula Sparling as the Campus Administrator here at Chapel View.

I have been working in Senior Care since I was 15 years old and have been blessed to work in almost all departments. I started as a dietary aide, then transitioned to a certified nursing assistant, and once graduating college received my Nursing Home Administrator's License.

This is my 3<sup>rd</sup> year with Cassia and I have worked at four different locations as an administrator. Needless to say, I am excited to make Chapel View my permanent home!

On a personal note, I love spending time with my family, watching all things sports, coaching baseball, fishing, traveling, running, and the outdoors!

I look forward to getting to know and build relationships with both you and your loved ones. It is the main reason that I love what I do.

Please do feel free to stop by my office, or call me at any time to chat (952-697-3815)!

I hope everyone is enjoying their summer!

Sam Pahl



## Upcoming Events

### Major July Happenings

2nd: Fireworks Craft  
3rd: Fishing Trip  
5th: Happy Hour  
7th: Piano w/ Jane  
8th: Jewelry 101  
10th: Fishing Trip  
11th: Resident Voting (State Primary Election)  
11th: Resident Council  
12th: Resident Birthday Social w/  
Beachcomber Bob  
16th: Raspberry Royalty Ice Cream Social  
18th: Zoomobile  
18th: Popsicle Creations  
22nd: Muffin Monday  
23rd: Dinner Music w/ Jane  
24th: Resident BBQ  
24th: Twin's Game  
25th: Wine & Canvas  
26th: Super Soaker Target Practice

### Weekly Activities

**Manicures** every other Monday at 10:00a  
**Forever Fit** every Monday and Friday at 10:45a  
**Bingo** every Monday and Wednesday at 2:00p  
**Book Club** most Mondays at 3:15p  
**Piano Tunes** every Wednesday at 3:30p  
**Men's Group** every Tuesday at 11:00 in the chapel  
**Rosary** every Wednesday at 1:00p  
**Breathing and Relaxation** every Thursday at 10:15a in the chapel  
**Java Club** every Thursday at 10:45a in the chapel  
**Java Music** most Tuesdays at 3:15p in the chapel  
**Movie and Popcorn** every Saturday  
**Worship** every Wednesday and Sunday

*\*See the activity calendar for all times and locations*

## Resident Birthdays

• • •  
Find us on Facebook at  
Chapel View Senior  
Health and Living!

We share videos and  
photos of the fun we've  
been having as well as  
upcoming events!

• • •

1<sup>st</sup>: June S.  
6<sup>th</sup>: Janet R.  
7<sup>th</sup>: Sharon D.  
13<sup>th</sup>: Karen M.  
14<sup>th</sup>: Todd A.



community news

# Resident Council Minutes

CHAPEL VIEW CARE CENTER

## **FOOD COMMITTEE**

Laura O'Brien stood in for Esther for the meeting. When planning the Fourth of July noon meal, residents agreed on hot dogs, coleslaw, French fries, and raspberry pretzel dessert. Some wanted a hamburger instead and Laura let them know that they can request a hamburger instead. Noting it is best to let them know in advance if possible to ensure there is enough for all who want the change. Some also wanted potato salad and Laura stated that is almost always available as well and can be added to their meal if requested. Laura asked if there was anything else that should be passed along to Esther. One family member mentioned the spaghetti sauce is very good but the noodles are difficult to eat and wondered if it was possible to serve as goulash instead. Laura mentioned we used to rotate the type of noodles and could do that. Laura F. asked if everyone was getting their snacks. Some said yes, some said no. Laura mentioned the snack cart does not always go to the common areas and are often dropped off to resident rooms, especially if they have a scheduled snack with their name on it. Laura stated you might have to seek it out if sitting in the common area. The snack cart is available around 3p and 7p. One TCU patient requested dark chocolate dessert options. Laura stated she would pass it along. One family member stated she noticed her husband's portions of food didn't seem like enough. Laura asked if it was during specific meals and the family member couldn't say. Laura mentioned that the noon meal is the biggest and the evening meal is typically smaller. The family member then asked about serving squash. Laura mentioned it is a seasonal item, usually served during the fall/winter menu cycle. Laura F. asked the group for suggestions for the happy hour appetizer. Residents agreed on goat cheese and pepper jelly with crackers and veggies and hummus.

## **DISCUSSION OF OLD BUSINESS**

Laura read over last month's minutes. Positive remarks came forward about the poppy seed muffins and the movie suggestion Kindergarten Cop. Laura stated the plant sale total ended up being \$139 in profit. Laura then spent \$96 on more flowers for the garden. Laura stated she picked up begonias, celosia, daisies and petunias. Laura stated the garden is going well aside from some of the bunnies and squirrels eating the heads off some of our flowers. After further discussions with residents, they agreed to try sprinkling the flowers with cayenne pepper, garlic powder, lemon water, and heads of garlic to deter the critters. Laura mentioned we celebrated Cinco de Mayo (Sunday) with Margs and Cards the Friday before. Residents stated they enjoyed it. Laura asked all if they enjoyed the NASCAR event. Some said it was fun and something different. Laura asked all what they thought of playing Deal or No Deal. It seemed well received. Laura stated we can do that again. Laura asked all if they enjoyed the food pairing tasting. Some residents stated they enjoyed that and would like to do something similar again. Laura asked all what they thought of the cloud cookies made with cool whip and strawberry cake mix rolled in powdered sugar. They stated they enjoyed it and Laura noted it was very sugary, but acknowledged it's fun to try new recipes and we will continue to do so. Laura encouraged all to suggest different recipes to try. Laura mentioned Jewelry 101 has been a big hit with the ladies so she got more supplies to continue doing that event at least once per month. We can now advance from bracelets to earrings. Residents design the jewelry and staff and volunteers can make them. Laura stated we have moved the Duolingo group to Thursdays. Laura mentioned we put a pause on the Resolute group due to low-no attendance but stated we can pick that up again in the future. Book club is now on Mondays at 3:15p. Laura stated the Zoomobile would be returning but due to some new policies within Cassia, we no longer can have live animals (aside from therapy dogs/animals) due to precautions related to animal borne illnesses. This will include any farm animals such as llamas, exotic birds, and most any other kind of animal. Laura acknowledged that this seemed extreme but we will follow the rules and hope they change in the near future. The Zoomobile will still do a presentation using skulls, hides, and other visual aids. Residents were bummed by the news but understood it is out of our control at this time. Laura stated we had a new dog visitor duo who would be starting with us soon named Shannon (human) and Stella (dog). Laura stated Grandfriends

would end for the summer at the end of May but the teacher plans to pick back up with her new class in the fall. Laura asked the Mothers how they liked the Mother's Day tea. Many positive comments came forward. Laura stated we do have fewer Dads but would think of something special to celebrate them, noting however, it won't be as grand as the Mother's Day event. Laura stated we would celebrate the dads at Beer and Bowling the Friday before.

### **DISCUSSION OF NEW BUSINESS**

Maggie, the interim administrator, took the floor for some updates. She introduced herself and mentioned she has been working in this setting since she was 16 where she started in activities and fell in love with the older population. Maggie has worked a variety of jobs in the different departments throughout her career and states she loves what she does and it is such a privilege to be working with all the residents. She then stated she would be done Friday, June 14<sup>th</sup> and the new, permanent administrator, Sam, would be starting the 17<sup>th</sup> of June. She then mentioned when he arrives, you won't miss him as he stands 6ft 7in tall! He is currently working at the Redeemer site (a fellow Cassia site) and has been there for about a year. She noted he is very friendly and lives in St. Paul. He is excited to be at Chapel View and looking forward to meeting everyone. Maggie stated the construction/ demolition on Mizpah will start the last week of August or early September and will go through September. They anticipate the new building will go up 18 months after that. Making the move in date in 2026. Maggie noted most of the rooms are private and it will be a beautiful facility. Laura mentioned some upcoming events such as fishing trips and the Twins game. Laura stated there are lists started for the events and there may be opportunities for folks to go on two fishing trips this summer. Most of the trips are in the afternoon. We leave around 11a, have lunch on the shore at picnic tables, then fish for two hours on the pontoon and return around 3:30-4p. Some of the trips are in the morning and we would leave around 9:45a, fish for two hours, then have lunch on the shore and return around 1:30p. The trips are always on Mondays or Wednesdays, which are the only two days per week that we have the bus. One resident mentioned these fishing trips are lots of fun! Laura mentioned bad weather can cancel trips but if a group misses a trip, they will get to go on the next one. Laura mentioned we are limited by space on the bus and pontoon. Each trip, we can take at most four residents in wheelchairs and there are many spots open if someone uses a walker. If you are able to transfer, this also allows for more residents to go. Laura asked all what kind of muffins everyone would like to make. Residents decided to have the TR staff think of something creative. A family member mentioned to look at Perkin's variety.

### **OPEN FORUM**

Laura acknowledged there were a few errors on the June calendar. There will only be one resident BBQ in June and it will be on the 19<sup>th</sup>, not the 26<sup>th</sup>. We will have piano tunes every Wednesday at 3:30p. Breathing and relaxation is at 10:15a Thursdays, not 10:00a. These are small errors but wanted to correct them. The final and most notable error is that Friday the 7<sup>th</sup> is the birthday social (2p) and Beer and Bowling will be at 2p on the 14<sup>th</sup>. Brad, the Resident Council President, suggested showing documentaries and bible readings on Sundays after the 2p service. Laura asked all if they would be interested in doing that and a couple said they would. Laura stated she would talk to the chaplains about it. Laura stated we have three new volunteers starting this month. One of them is Abby, who already started. Laura stated she is a college student who was looking to do something meaningful with her summer and lives in Hopkins. So far she has proved to be very kind and helpful! We can anticipate seeing her a couple days per week. There is also another young gal starting named Nevaeh who is the daughter of the TCU nurse manager, Amanda. She will be starting soon and looks forward to getting to know the residents. The third is Shannon, who has the dog Stella as mentioned

earlier in the meeting. Laura mentioned Trudy and Harpo, who have been with us for many years, try to be here once per week but have had family matters that have made the visits inconsistent. Laura asked all if they have any Saturday movie suggestions. None came forward. Laura asked all if there is a genre they prefer. No comments came forward. Laura encouraged suggestions as people think of them, stating almost all of the movies we show are suggestions from residents and family members. Laura read the resident right of the month regarding sending mail and offering postage. Laura stated we do have supplies for writing letters and sending cards, as well as postage available for purchase at the front desk. Laura stated she has a few stamps that can be given for free if needed as well. Meeting Adjourned.



### Star Nominations



- \* **Alice, CNA-** “She gives excellent showers!”-1<sup>st</sup> floor resident
- \* **Elizabeth, Riley, and Carter Dietary Aide-** “They are all very astute, asks us what we’d like for drinks, and always very friendly!”- 1<sup>st</sup> floor resident
- \* **Esther, Director of Dietary-** “She’s a great listener and is always checking on me to make sure I’m satisfied.” - 1<sup>st</sup> floor resident
  - \* **Christian, CNA-** “He’s so good to us! I’d give him 10 stars if I could!”-2<sup>nd</sup> floor patient
- \* **Amanda, TCU Nurse Manager-** “She’s very attentive, helpful, and always checking to make sure everything is okay with me.”-TCU patient
- \* **Tara, Social Services Director-** “She was instrumental in my discharge and I wouldn’t have been able to do it without her!”- TCU Patient
  - \* **Ted, Randy, Julianna, Hayle, Therapy-** “They were so helpful in my recovery! Very kind and positive as well!”-TCU patient
  - \* **Labon, CNA-** “He’s always laughing and makes me feel good about myself. Very good at his job!”- TCU Patient
  - \* **Krystal, Nurse-** “She made a big difference in my recovery and I appreciate her kindness so much!” – TCU Patient
    - \* **Christian, CNA-** “He’s so good to us! I’d give him 10 stars if I could!”-TCU patient
  - \* **Fatu, Savana, Ben, CNA-** “I always looked forward to seeing their kind faces and they are always very helpful.”-TCU patient
  - \* **Renalda and Dave, Nurses-** “I always knew I was in good hands when they were working.” –TCU patient

***Contact Laura, Kristi, or Jacob to nominate an outstanding staff member***



*Beer &  
Bowling*

A graphic featuring a red bowling ball in the foreground, with several white bowling pins arranged in a triangular formation behind it. The pins have red stripes near their bases. The background is a dark purple with a subtle pattern of small white dots.



# MOSAIC ART



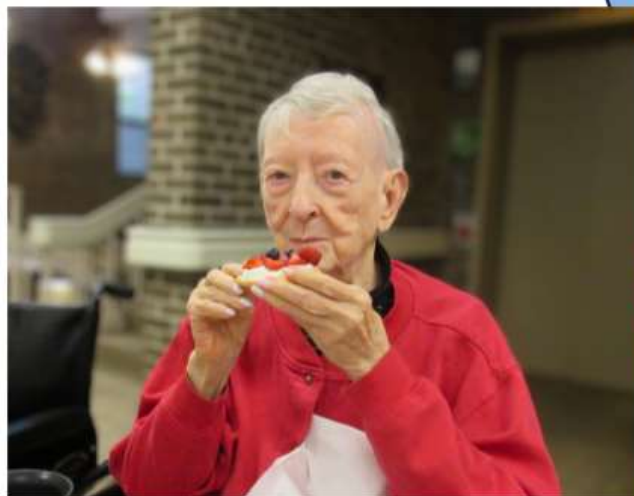


# FISHING TRIP





# Fruit **PIZZA**





# RESIDENT

# BBQ





# FISHING TRIP



# OUTDOOR TUNES



# Wine & Canvas



